A Message from the Mayor

Thank you for bicycling in the District of Columbia! It's a

fast, clean, fun way to get around the city. I ride my bike to stay in shape and compete in triathlons. Bicycle exercise can help reduce heart disease, diabetes,

and other chronic illnesses. It can also save money and

Mayor Adrian M. Fenty in the

reduce traffic congestion and air pollution. the District of Columbia one of the most bicycle-friendly cities in the country. We've installed miles of bicycle lanes and hundreds of bicycle parking

racks. We're building major new trails along the Anacostia River and the Metropolitan Branch corridor in Northeast.

Please ride safely and follow the rules of the road. Let us 2006 Nation's Triathlon know if you have suggestions for making our city even more bicycle friendly.

For more information, contact: Bicycle Program Specialist District Department of Transportation 2000 14th Street, NW, 7th Floor

Washington, DC 20009

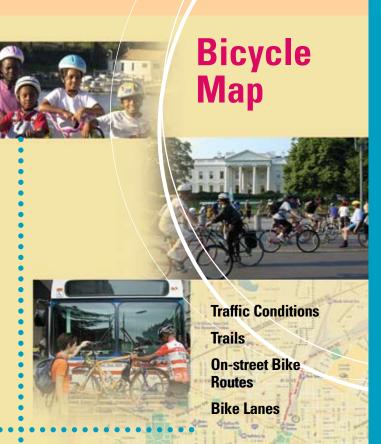
www.ddot.dc.gov/bike

Phone: 202-671-0681 Washington Area Bicyclist Association 1803 Connecticut Avenue, NW, 3rd Floor Washington DC 20009

Toole Design Group, LLC www.tooledesign.com

Steve Spindler Cartography and Peter Volz Washington Area Bicyclist Association

WASHINGTON DC



BIKES ON TRANSIT



nging a bike on Metrorail Metrobus can be a great

to two bicycles per car) weekdays except 7 a.m. to 10 a.m. and 4 p.m. to 7 p.m. Bicycles are welcome all day Saturday and Sunday as well as most holidays (limited to four bicycles per car). Bicycles are not permitted on Metrorail on July 4th and other special events or holidays when large crowds use the system. To access the stations, use the elevator rather than the escalator.

Metrorail: Bicycles are welcome on Metrorail (limited

Bike Parking: Many Metro stations have bicycle parking facilities, including racks and lockers. Bicycle lockers are available for \$70 for one year plus a \$10 key deposit. To rent a locker call 24-hours a day 202-962-1116. All locker rentals are subject to availability.

Bike on Bus: Both Metrobus and Ride On (in Montgomery County) have bicycle racks that carry up to two bicycles per bus.



For more transit information, visit: www.wmata.com

BIKE SAFETY

Wear a helmet Be predictable

Never ride against traffic Use hand signals

Ride in a straight line Bicyclists have the same rights and responsibilities

No riding on sidewalks in the Central Business District Bicycles must use a light at night

Don't weave between parked cars

Ride in the middle of lane in slow traffic

Go slow on sidewalks

Be alert – ride defensively and expect the unexpected

Watch for cars pulling out

Scan the road behind Avoid road hazards

Keep both hands ready to brake

On the Trail

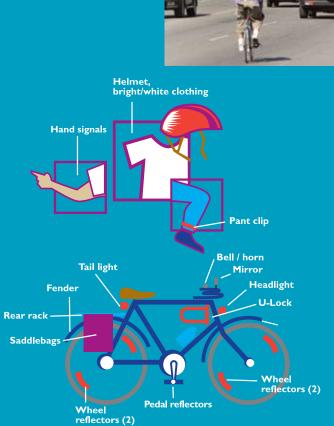
Share the trail with joggers, walkers and skaters

Stay to the right except when passing Pass slower traffic on the left

Give a clear warning before passing

Move off the trail when stopped to allow others to pass

THE STREET-SMART



Disclaimer: The road rating system reflected on this map is not a guarantee of safe bicycling conditions on rated or unrated roads. The rating system also does not indicate that these roads have been specifically designed for bicycle use or, unless so indicated and valid only on the date of publication, have special features for bicycles. The rating system also does not indicate that road maintenance is done specifically for bicycles, that traffic is ideal for bicycle use, or that there are not conditions which

The user of this map is responsible for evaluating road/path conditions, traffic and routes that are suitable for his or her individual riding skills. The District of Columbia and organizations who have contributed to this map do not intend to create, nor do they assume liability for conditions on those routes.

SELECTED D.C. BIKE RULES:

••• Bicyclists have the same rights and responsibilities

••• Bicyclists are permitted on all DC streets unless otherwise indicated

••• No riding on sidewalks in the Central Business

••• Bicycles must use a light at night

••• > Children under 16 must wear a helmet (DC kids can obtain a free helmet from police stations. Call ahead.)

> All office and retail buildings with car parking are

For the complete list of regulations see Title 18 Chapter 12 of the DC Municipal Regulations at www.ddot.dc.gov, click Bicycle Program



Marshall Drive

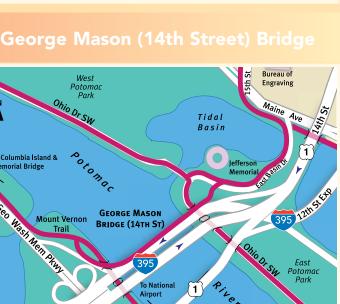
Good (or not evaluated) Fair **Bicycle Facilities** Future Trails

Signed Metro Station and entrance Bike Route

Poor

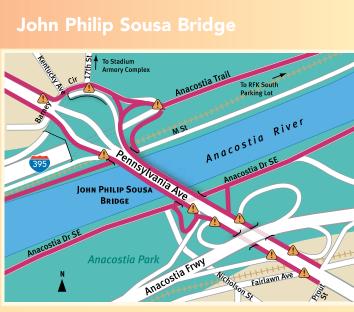








E Street









Bridge Crossings









